

TEST YOURSELF

Circle healthy foods from the following menu:

1. fried fish
2. baked fish
3. steamed zucchini
4. buttered carrots
5. sliced tomatoes
6. fried vegetable sticks
7. potato salad
8. garden vegetable salad
9. seasonal fresh fruit
10. chocolate cake

ANSWERS: 2, 3, 5, 8, 9



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CHOOSING HEALTHY MEALS WHEN **EATING OUT**

TIPS FOR DINING LIGHT



READING THE MENU

Americans eat many meals away from home. Use these tips to eat healthy when dining out.

Look for these words on the menu as hints to a low-fat choice:

- broiled
- grilled
- roasted
- steamed
- poached
- baked
- stir-fried
- garden fresh



CHOOSING FOODS

These are healthy choices:

- fresh, raw or steamed vegetables
- salads with dressing on the side
- soups
(avoid cream-based soups)
- whole-grain breads, crackers, muffins
- child-sized or half portions
(if smaller portions are not available, take the rest home or share an entree with your dinner partner.)
- desserts with less fat such as fresh fruit, sorbets, angel food cake
- broiled, grilled, baked, or steamed meat, poultry and fish

ORDERING FOODS

Here are some hints:

- ask questions
- insist on having food prepared the way you want it
- ask for another food to replace the one offered
- order child-sized portions
- share with a friend
- take leftovers home

GOOD CHOICES

ORIENTAL

(CHINESE, JAPANESE, THAI)

- steamed dishes
- stir-fried dishes
- vegetable or combination vegetable-meat dishes

ITALIAN

- lean veal, chicken, or fish
- tomato-based sauces on pasta
- vegetable-based soups

MEXICAN

- grilled meat and vegetable dishes, like fajitas
- tostadas
- rice, beans

